



# Health Notes

## Health fair attendees hear story of survival

Story by  
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*APG News*

World renowned speaker Lillie Shockney took listeners on a journey through her personal experience as a breast cancer survivor during a health fair co-hosted by the U.S. Army Developmental Test Command and Army Evaluation Center Nov. 6.

A two-time breast cancer survivor, Shockney is the administrative director of the Johns Hopkins Avon

Foundation Breast Center. She is a nationally recognized speaker who has appeared as a medical expert on ABC News with Charles Gibson and Yahoo.com, and she was featured in the five-part Discovery Health Channel series, “Nurses.”

Shockney called her presentation ‘Finding Humor Where You Least Expect It – A Nurse’s Personal Experience With Breast Cancer.’

She began by sharing her first exposure to breast

cancer at age 12 when a friend of her mother was diagnosed with the disease. The woman was given five months to live and told to get her affairs in order.

“She said she was going to be too busy living and she lived for twenty-one more years,” Shockney said.

She said the woman taught her the importance of being optimistic.

“You have to find something to laugh about every day,” she said. “Belly laughs activate T-cells which are cancer-fighting cells.”

Noting that only 12 percent of women diagnosed with breast cancer have a Family history of the disease, Shockney said she was 38 when she was first diag-

nosed. She had multiple tumors in her left breast, and she was not a good candidate for breast reconstruction.

“I had a twelve year-old daughter, and I just wanted to live,” she said. “Having a mammogram saved my life.”

She said that she and her husband made a pact that every day they would find something to laugh about.

Shockney shared some of the humorous anecdotes that got her through her ordeals - several regarding adjustment to her prosthesis - frequently eliciting laughter from the audience.

“I’ve had a few bumps in the road since then,” she admitted. “My goal today is to inspire women to do

their self exams and get mammograms.”

During the question and answer session that followed, Shockney answered questions about new studies, research and treatments regarding breast and other cancers and discussed emerging medicines and technology geared toward treatment.

“I think that women should begin paying a whole lot of attention at age twenty and be diligent about self exams,” she said.

At the end of her presentation Shockney received a warm ‘thank you’ from the audience.

One listener in particular, Meg Downey, a human

resources specialist with the Northeast Civilian Personnel Operations Center, said she appreciated Shockney’s candor. Downey said she is currently “dealing with cancer issues.”

“It was nice to hear different stories of how it affects people in different ways,” she said, adding that she was in agreement with Shockney’s take on humor, wellness and attitude being major factors in survival.

“I’m lucky to have a tremendous amount of Family support,” she said. “Life is good. I hope I can go on.”

Joseph E. Althoff, DTC health promotion coordinator, and Lorrie Chieffo, AEC worksite wellness coordinator, hosted the event.

## Military Health System extends feedback deadline for wounded, ill or injured service members, their Families

*U.S. DoD Military Health System*

Wounded, ill or injured service members and their Families now have until Nov. 28 to help Military Health System leadership better understand the needs and expectations of warriors in their care. The deadline for participating in the MHS questionnaires has been extended due to overwhelming response.

The questionnaires—one for wounded, ill or injured service members and one for Family members—are available on the Military Health System Web site, [http://www.](http://www.health.mil)

[health.mil](http://www.health.mil), and will remain open through November. November has been designated as Warrior Care Month.

The questionnaires ask for feedback concerning a service member’s experience and satisfaction with the care he or she has received since becoming wounded, ill or injured.

All questionnaire responses are anonymous to encourage honest and specific answers that will lead to positive changes in how the MHS handles care for wounded, ill or injured service members.

The questionnaires are

part of Defense Secretary Robert Gates’ commitment to supporting wounded, ill and injured service members—ensuring that their care is the Department of Defense’s top priority.

Care is continually improving but MHS leaders recognize that there is still more to be done. By listening to the opinions of wounded, ill or injured service members and their Families, the MHS will be in a better position to meet their needs and expectations.

The online questionnaires are available directly at [http://www.health.mil/](http://www.health.mil/Pages/Page.aspx?ID=18)

[Pages/Page.aspx?ID=18](http://www.health.mil/Pages/Page.aspx?ID=18).

America’s Military Health System is a unique partnership of medical educators, medical researchers, and healthcare providers and their support personnel worldwide. This DoD enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Joint Chiefs of Staff; the Combatant Command surgeons and TRICARE providers (including private-sector healthcare providers, hospitals and pharmacies).

## Prayer

*From front page*

Program highlights included the singing of the national anthem by Patricia Jackson, choir director, Aberdeen Area chapel; the invocation by Chaplain (Capt.) Kurt O’Donnell, 16th Ordnance Battalion;

the benediction by Chaplain (Maj.) Young Kim, deputy garrison and installation chaplain; a prayer for the nation by Chaplain (Maj.) Patrick Basal, U.S. Army Ordnance Center and Schools; a prayer for

the armed forces and Families by Chaplain (Capt.) Chad Davis, 143rd Ordnance Battalion; and scripture readings by Lt. Col. Jonas Vogelhut, Joint Program Manager, NBC Contamination Avoidance and Chaplain (Maj.) Fred Townsend, CRM.

Musical selections were provided by Colby Bearch on keyboard and vocalist Lori Brockmeyer of the Edgewood Area Chapel’s Protestant Service and a trumpet solo of ‘Great is Thy Faithfulness’ by Jari Villanueva, director, MDNG honor guard.